

## A B S T R A C T

The invention relates to a carrying system for carrying a portable item of equipment, said system  
5 comprising a cord forming a loop, and a member placed on the loop and provided with first retaining means for retaining a portion of the loop. The system is in the form of a double loop when a portion of the cord in the loop is retained by the first retaining means. It is  
10 thus possible to reduce the aperture of the loop so as to make it about four times smaller. The loop of the carrying system can thus selectively be placed around the neck or around the wrist of a user. The carrying system of the invention may serve to carry a portable item of  
15 equipment such as a mobile telephone, an electronic diary, or an organizer.

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